



citycycle couriers

ECO & FRIENDLY
Next Day Delivery

07875 760254
citycyclecouriers-plymouth.com

S4/10
10 Mile Time Trial
Saturday 4th June 2022
Promoted on behalf of the CTT under their rules and regulations

Event Secretary

Mr. Rob Scott,
City Cycle Couriers, Office 10, The Business Centre,
2 Cattedown Road, Plymouth, PL4 0EG
Mobile: 07875 760254

Timekeepers

Marshals

Event Headquarters

Rob Barrow & Ian Myers
Members & friends of City Cycle Couriers RT
St Lukes Church, Lower Hall, Plymouth Road, Buckfastleigh,
TQ11 0DA.

Course Record Holder

Marcin Bialoblocki – NopinZ – 4th July 2019 – 17:51

The Event Headquarters will be open from 6pm, please collect number and sign on. Please note limited parking at HQ, please do not park outside HQ – these spaces are for club officials only.

Course Details:

S4/10 - Start on the A38 approximately 1.3 miles South West of Buckfastleigh at a point level with the penultimate sink in the acceleration lane opposite Dean Prior Parish Church (GR SX730634). Proceed Northeastwards towards Exeter and take the second slip road signed "Ashburton" (Linhay), where filter left into slip road. At the give way line turn right and bear right in 50 yards to cross A38 and rejoin the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and the slip road signed "Lower Dean". Finish at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town Sign 5.33miles.

After finishing continue along A38 past Dean Prior church (on left) then take the slip road for Rattery. Cross the A38 using the slip road and rejoin the carriageway direction Exeter.

COVID19 – RIDERS PLEASE READ CAREFULLY

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms associated with Covid-19.
 - An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
 - NO SUPPORT can be provided if a competitor suffers mechanical difficulties during the event. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
 - It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
 - Riders will need to self-start, with one foot on the ground. Remember, no front/rear working light (flashing or constant) NO RIDE.
 - DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.
- 1.) Please allow 15 minutes at least to ride to the start and in under no circumstances turn around in or cross the main A38 carriageway. You will be disqualified if observed doing so.
 - 2.) Observe the Highway Code and keep your head up at all times.
 - 3.) Do not “white line”
 - 4.) Paced Riding: CTT regulation No.21 must be applied at all times. Any rider seen taking pace from another competitor will be disqualified.
 - 5.) Hard shell helmets compulsory. Competitors under the age of 18 must wear a hard shell helmet.
 - 6.) Please be aware of CTT Regulation 17(b) - From 2017 all competitors in open (Type A) events will be required to return to the event HQ, hand in their number(s) and SIGN OUT. A competitor MUST sign out him/herself. It is not permissible for another person to sign out on behalf of the competitor..
 - 7.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.

**NO FRONT LIGHT – NO RIDE
NO REAR LIGHT – NO RIDE
NO HELMET – NO RIDE**

Prizes:

**Trophies: 1st, 2nd & 3rd
Medals for all competitors**

Sponsored Clubs: City Cycle Couriers RT, BPM Coaching, Giant Helston, Aero Coach

City Cycle Couriers RT
S4/10

Saturday 4th June 2022

Starting Order:

No.	Name	Club	Cat	LTS	Start
1	Bob Brabbins	VTTA West Group	Vet 79	26:18	1901
2	Neil Bennett	North Devon Velo	Vet 56	26:04	1902
3	Ian Scott	City Cycle Couriers RT	Vet 68	27:49	1903
4	Philip Young	Alltrax	Vet 72	24:32	1904
5	Rob Scott	City Cycle Couriers RT	Sen 34	19:59	1905
6	Kevin Weymouth	Mid Devon CC	Vet 51	21:07	1906
7	Anthony Green	Penzance Wheelers	Sen 38	22:33	1907
8	James Greenaway	BPM Coaching	Sen 31	22:47	1908
9	Simon Rendell	Cranbrook Cycling Club	Sen 27	N/A	1909
10	Harry Loader	Mid Devon CC	Sen 26	20:08	1910
11	Toby Atkins	UpShift Nutrition Race Team	Sen 28	20:39	1911
12	Barry Moss	Royal Navy & Royal Marines CA	Vet 51	21:15	1912
13	Morris Elphick	Exeter Wheelers	Vet 55	22:11	1913
14	Alan Hughes	Exeter Triathlon Club	Vet 49	22:28	1914
15	Lee Sanderson	Mid Devon CC	Vet 55	20:21	1915
16	Mark Sanders	Mid Devon CC	Vet 63	20:54	1916
17	Frederick Mayall	Exeter Wheelers	Vet 58	22:17	1917
18	Tom Cox	Saint Piran	Vet 68	22:50	1918
19	Joseph Sheppard	Cranbrook Cycling Club	Sen 35	25:00	1919
20	William Barr	Beacon Roads CC	Sen 31	19:33	1920
21	Mark Pierce	Plymouth Corinthian CC	Sen 32	20:33	1921
22	Rob Barrow	City Cycle Couriers RT	Vet 45	21:43	1922
23	John Morse	Penzance Wheelers	Vet 57	22:03	1923
24	Stewart Dunn	Devon & Somerset Fire Rescue CC	Sen 39	24:06	1924
25	Alexander Ballinger	George Fox Cycling Solutions	Sen 29	20:19	1925
26	Chris Vellacott	Royal Navy & Royal Marines CA	Vet 60	20:32	1926
27	Oliver Baylin	Giant Helston	Sen 27	21:10	1927
28	Philip Ley	North Devon Velo	Vet 44	22:14	1928
29	Sam Hopton	Pure Endurance	Sen 33	23:19	1929
30	Blake Pond	AeroCoach	Sen 39	19:21	1930